

A woman with long, dark, wavy hair is seen from the back, looking out of a window. She is wearing a black top. Her hand is visible, holding a white object, possibly a pen or a small container. The window has a metal frame and a handle. Outside the window, a city skyline is visible, featuring several tall buildings with many windows. The sky is overcast.

A SHORT STORY

FOUR MEMORIES

Reminders from

Maggie Liddie

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REMINDERS FROM MAGGIE LIDDIE

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*To all souls on a human journey including
the family I chose to have with me on this journey,
with great love.*

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PROLOGUE



I have taken my previous *Novellette What IF* and broken down into smaller parts, this is one of several. My goal is to give you more information about certain topics you are already familiar with but may still have some questions regarding them. *The four Memories* provides you a step by step solution for your bumps along your journey's path.

As you know from reading the other books in the *What IF* series, they are meant to empower your soul to think outside the box in which many of us live in. To see beyond the veil in order to attain happiness here on Earth during this journey. The books are also meant to continue your awakening in order for you to eventually complete your mission.

ML

WHAT IF

What IF I told you there are four memories that all souls are equipped with before they journey to Earth. That they are the foundation for letting go of the EGO, a formula if you will. This formula is something every human who is wanting to become enlightened should embrace.

I remember learning about the 4 memories and thinking this will make everything so much easier on Earth! I was excited, but then I remembered these were not secrets. These truths or memories had been given to every soul who traveled to Earth and had been sent to humanity since the beginning of time.

The 4 memories, messages were sent with what some may call “*angels*,” while others call them “*aliens*,” *prophets*, etc... My soul had seen this but it had also observed that some humans throughout history, were misinterpreting the messages by the EGO driven human mind. Even then when someone did see it clearly those individuals found it difficult to explain it to another human. Some were also prosecuted for trying to pass on the messages.

The 4 memories had 8 simple steps that worked if followed correctly. But why did so many humans not want to follow them? They surely knew it would make them have that happy feeling they craved so much. Why have so many humans chosen to ignore a clear messages that their souls whispers to them directly, begging them to remember.

Perhaps until they “awaken” or become “enlightened” only then can they be equipped to see it was right there all along. My soul had so many questions and my curiosity got the best of me many times.

So, if you do the “practices” you begin to remember as you move along your journey. You will view the world in a different way. You will begin to “feel” empowered not from a place of EGO but from a place of peace.

“With repetition comes knowledge”

Humans in general are built to adapt to their surroundings and circumstances. Therefore, the human mind is such that it has to be retrained so that new patterns can then start to occur. With practice it will become more recognized by the mind till eventually it will be done without “thinking”. It doesn’t just take practice but it takes time. So time needs to be put aside for your practice in your busy scheduled lives. It need not take more than 10 mins in the morning and 5 at night at the beginning, then you will notice that you will start to incorporate these positive habits in your daily routines. You may also observe and discover that you like it.

“If you believe it to be not a task but a part of your journey and therefore attainable, you are ready to begin.”

It’s understandable that for some it can be discouraging and a lot of work to get to the point of meditation but “anything worth having, takes time.” My soul normally doesn’t agree with many sayings or quotes humans have but that one is true. With many quotes the true meaning can be seen differently by a soul still in conflict with their human form. A great quote however, will make you think and will open your eyes in a positive way.

In reality Meditation is just a step in the enlightenment process. The process in which humans remember their true purpose of their journey here on earth begins as a glimpse and may take a whole human lifetime to attain. This is due to the EGO and it's urge to control your human body and mind and put you in conflict with your soul. The EGO presents itself in many forms so do not be hard on yourself if you stumble on your path to enlightenment. After all, your soul in human form will make mistakes but you will learn from them as you now see the bigger picture and you know you are here for a purpose.

“Every soul here on a journey as a human can only go at their own speed.”

Do not compare your journey to anyone else. Do not judge yourself or others, its seriously a waste of time and energy. For the majority of newer souls, it will take several journeys to Earth to master “enlightenment”. You will know when it's your time but don't feel, “*afraid*” to take the necessary steps to accomplish your mission. Let that feeling of “fear” go as it serves you no purpose. Till this day, I have to remind my human form of that, but the occurrences have become fewer and far between.

It's ok if you stray for a bit or do the humanly tasks that we are all required to do here on our journey, just come back to your soul's practice as soon as possible.

I will be honest with you, at first your human mind, the EGO will try and trick you into feeling, “frustrated” and may even introduce chaos with souls whom are in severe conflicts with their human form. Think of this as a test and do not engage nor be dragged into conflict. You are strong, as your soul is strong. If you have read the book “*What IF*” reminders from

Maggie Liddie, you may recall I had to adjust my inner circle of friends and family members at times when I was feeling the distractions were too much at that point of my journey. I did it in a way that no one took offence to it as it had nothing to do with them but rather with me and how able I was to be around certain people. I did eventually go back and reconnect when I was farther along in my awakening. When my practice allowed me to observe situations with no judgement. Pleasantly, I saw a shift in some of those relationships. Some of those humans had also awakened themselves to the true purpose of their lives and were at peace.

I did not react during discussions of certain topics that would have in the past made me uncomfortable, angry or even disappointed and sad. I remained clam and observing rather than reacting to a statement or action, the other human in conflict with their souls, started to slow down their speech and started speaking in a softer tone. I could literally see my soul's energy being taken in to their soul and igniting a wee spark. It was very cool to observe.

If you feel like you have questions please feel free to read the other WI books as they will help you along on your journey. I was asked to write them, to empower you to remember. The more information you have, the more you are able to see the bigger picture and see how everything is connected. I can send them to you in the format of your preference so you may listen to them or read them on your mobile. Contact me through my website.

STEPS

Below is a simple break down of the steps and they can be applied to any positive change you are wanting to make along your journey here on Earth.

STEP 1: diagnose or define what the issue is.

Ex: I am feeling frustrated with...(It can be something “small” or “big”)

STEP 2: Identify it's cause

Ex: Why am I feeling, “frustrated?” (Hint, the answer is never someone else's responsibility.)

STEP 3: Realizing and accepting there is a cure.

Ex: Realizing that you can stop the FEELING of frustration.

Ex: Realizing you can stop the addiction.

Ex: Realize you can stop the anger.

STEP 4: Is the prescription or steps to cure.

ex: Observe the feeling called “frustration”.

Do not judge your emotions, or actions just observe.

Say “I feel frustrated” NEVER say “I am frustrated”

Say “I feel hungry, NEVER say “I am hungry”

Take deep breaths and blow out slowly focusing on your breath, REPEAT until the “feeling” disappears. The FEELING will disappear. Practicing letting “feelings” go takes a bit of practice because you will find that as soon as you stop

focusing on your breath the feeling may come back. You will see an improvement quickly. When presented with another experience in which you fall back to old patterns, simply observe again without judgement and repeat. One day you will notice that you did not react, not even in thought, you simply observed.

“It is human to “feel” but your soul knows you must let the feeling go after observing it from a place of no judgement or the EGO will allow the feeling to consume you.”

“Again, go at your speed, do not compare yourself to any other human and their soul’s journey.”

You know only your journey, you do not know anyone else’s as much as you may think you do. It doesn’t matter how close you are to another human, even if you have given birth to them. The journey is subjective to all souls, regardless of age, gender, wealth, heritage or culture. There is always similarities but never the same so do not “label” other beings or stick them in “categories” based on the EGO driven mind.

REMINDERS

1. To be human is to suffer as the EGO is strong.
2. The causes of suffering results from feelings such as craving, desire or attachment to things and sometimes other humans, if feed will continue to grow in strength.
3. “Satisfaction” is a feelings that quickly fleets.

4. Familiarize yourself with the EGO's many forms.
5. Learn to observe and let the feeling go.
6. Your soul chose this journey so it must be embraced.
7. Be aware of the energy you give off.
8. Everything and everyone is connected.
9. All souls can remember and have the ability to do so at any stage in their journey here on Earth. The decision just has to be made to do so.
10. The ending of suffering on Earth can occur when every human is on the same frequency. Until then there will always be shifts in energy. BUT the more people that awaken and remember, the more the SHIFT will for the better.

ON ROUTE TO REMEMBERING

1. POSITIVE UNDERSTANDING

It starts with positive understanding when you are reading or listening. Are you doing it from a place of no EGO? Letting go of the past is an important part, the other is not thinking of the future this includes what your response will be.

2. POSITIVE THOUGHT

Remember to rewire your thought patterns to be positive. Be kind to yourself and your thoughts. Do not judge yourself or others. Observe, learn and move on.

3. POSITIVE SPEECH

Carry your positive thoughts into your communication. Remember to refrain from verbal misdeeds such as lying, gossiping or rude speech. Remember the power your words have. Choose your words wisely. Use them for good. What energy is it attracting? Are you being positive or negative when stating things. “I feel” not “I am”.

4. POSITIVE ACTION

Do not steal, kill or perform evil misconducts.

5. POSITIVE LIVELIHOOD

Make your living by performing jobs that benefiting/helping others. You are a community, you must work together. Do not sell weapons, poison, or intoxicants.

6. POSITIVE EFFORT

Letting go of feelings that arise on a daily basis. Observe them and let it go, they serve you no purpose. Yoga and healthy eating helps in this step.

7. POSITIVE MINDFULNESS

Paying attention to the positive signs and messages that are all around us, leading the soul to enlightenment. These can come in many forms such as books, songs, movies, tv shows, poems, art work etc... Take a walk or hike in nature.

8. POSITIVE CONCENTRATION

Practice daily meditation so that you may open up the gateway with your soul assist your human form to be rejuvenated during your journey here on Earth. Set your intention before you begin your meditation. It's your choice. For some it will be focusing on daily goals, for more

awakened souls it may be to receive messages or knowledge from the universe or Spiritual Realm.



RECOGNITION OF THE TRUTH

Although I have been telling you to go at your own speed, there is a reason why I was asked to written these books. Humanity is in trouble and we all must do our part in recognizing this truth. You must remember your soul's mission as soon. Do everything you can to become enlightened so that you may remember it clearly. Once you are enlightened, you may correctly help other humans do the same. We as many as possible to grow the movement.

There are numerous things from the Spiritual Realm that I was to remember and pass on to other souls and one of them is the Four Memories. In my current journey, I remembered them at a young human age. I have tried my best to orally pass on these messages, mainly I have succeed in planting seeds. I have been laughed at and called "crazy" but the farther along I have come in my awakening, the more humans I have met that have also remembered.

FOUR MEMORIES

1. The planet Earth and all its inhabitants are facing extinction.
2. Humans must *UNITE* without violence, now.
3. There is only one “race” on the planet Earth, the *HUMAN RACE*.
4. *IT IS POSSIBLE* as it happened along time ago, we just don’t remember.

ABOUT THE AUTHOR



My Human Form whom is writing these reminders to you, has been writing from a young age. Various genres of books has influenced the writing style but ultimately the message is what's important. Love for all humans and the planet Earth which I chose for a home during my current journey is clearly portrayed. MHF lives in Canada and has raised 2 children while working in the medical field as a nurse specializing in the eyes. Helping others has always been a part of her plan.

Until we meet again,

Maggie Liddie

Maggie Liddie